

Order of Service - Nurturing the “Other” Heart

Celebrant - Chris Baglieri

Reflection Title - “Nurturing the “Other” Heart”

	Component	Person	Title/Description	Audio Source	Video Source
1	Display Order of Service			[Audio Playlist]	[Slideshow]
3:25 - Check that the celebrant and welcome speaker are ready. 3:30 - Introductory technical announcements - Mute All and invite the first speaker to unmute. Cue for Welcome Speaker = “Recording Started”					
2	Welcome/Board Minute	Bonnie	Welcome Script Revised 2022.09	[Speaker]	Camera
3	Chalice Lighting	Chris	Rebecca Parker	[Speaker]	Camera
4	Song	Markus	#1008 When Our Heart Is In a Holy Place	Video-Audio	[video]
5	Time for All Ages	Melissa	The Recess Queen	Speaker	Camera
6	Joys and Sorrows	Melissa		[Speaker]	Camera (auto switch)
7	Song	Markus	#127 Can I See Another's Woe	Video-Audio	[video]
8	Reading		Parable of 2 Wolves	[Speaker]	Camera
9	Reflection	Chris Baglieri		[Speaker]	Camera
10	Anthem	Markus	Brighter Day - Michael Franti	Video-Audio	
11	Interactive	Chris	Meditation	[Speaker]	Camera Slideshow]
12	Share the Plate for December	Chris	UUSC	[Speaker]	Camera Slideshow]

13	Closing Song	Markus	#159 This Is My Song	<i>Video-Audio</i>	<i>[video]</i>
14	Closing Words	Chris	<u>"No Matter How..."</u>	<i>Speaker</i>	<i>Camera</i>
	coffee hour				

WORSHIP MATERIALS and LINKS

Chalice Lighting - Opening Words - Rev. Dr. Rebecca Ann Parker

“Reverence and respect for human nature is at the core of Unitarian Universalist (UU) faith. We believe that all the dimensions of our being carry the potential to do good. We celebrate the gifts of being human: our intelligence and capacity for observation and reason, our senses and ability to appreciate beauty, our creativity, our feelings and emotions. We cherish our bodies as well as our souls. We can use our gifts to offer love, to work for justice, to heal injury, to create pleasure for ourselves and others.

“‘Just to be is a blessing. Just to live is holy,’ the great twentieth-century Rabbi Abraham Heschel wrote. Unitarian Universalists affirm the inherent worth and dignity of each person as a given of faith—an unshakeable conviction calling us to self-respect and respect for others.,”

Reading

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

Meditation

1. Let's begin by taking a moment to allow your body to settle in a comfortable position, inviting a sense of ease and relaxation throughout the body [5 seconds].

Breathing full deep breaths with a soft belly [5 seconds].

Feeling grounded by feeling the weight of your body on the ground or your chair [5 seconds].

And just softening around any tightness [5 seconds], dropping the shoulders [5 seconds], softening your hands [5 seconds], and relaxing the muscles of your face and jaw [5 seconds].

And gently closing your eyes or looking downward just to limit visual distractions [5 seconds].

2. Allow yourself to take a deep breath in, and a long breath out. And as you breathe out, allowing a sense of releasing any tension that you're holding in your body [5 seconds].

3. As you breathe, briefly scan through your body with your awareness, noticing any sensations or emotions [5 seconds], just noticing what's predominant for you [5 seconds], and inviting a sense of spaciousness and acceptance for whatever you're experiencing right now in your body or in your emotions [5 seconds], just acknowledging them without judging anything to be good or bad, right or wrong [10 seconds].

4. Now bring someone to mind who you don't know very well [5 seconds], maybe someone who seems very distant or different from you [5 seconds], even someone you're in a minor conflict with [5 seconds]. And as you bring to mind this person you

may not like or know very well, just notice if you experience any shift in sensation in your body [10 seconds].

Holding this person in mind as if they were right in front of you [10 seconds].

5. And say to yourself, "This person has a body and a mind, just like me" [10 seconds].

"This person has feelings, emotions, and thoughts, just like me" [10 seconds].

"This person has at some point in their life been sad, disappointed, angry, hurt, or confused, just like me" [15 seconds].

"This person has in their life experienced physical and emotional pain and suffering, just like me" [15 seconds].

"This person has experienced moments of peace, joy, and happiness, just like me" [15 seconds].

"This person wishes to have fulfilling relationships, just like me" [15 seconds].

"This person wishes to be healthy and loved, just like me" [15 seconds].

6. Now take a moment to sense how you're feeling [5 seconds]. And as you hold this person in your awareness, just notice: What do you experience? [20 seconds].

7. Now as you hold this person in mind, send them good wishes. May they be well [5 seconds], may they be happy [10 seconds], may they be healthy [5 seconds], may they live with ease [15 seconds].

8. Now shifting your awareness back to your breath, breathing in [5 seconds], breathing out [5 seconds]. Reconnecting with your body, feeling present, alive, connected, right here, right now.

Closing Words

By [Maureen Killoran](#)

No matter how weak or how frightened we may feel, we each have gifts that can make a difference in the world. In this coming week, may you do at least one thing to support the broken; to welcome the stranger; to celebrate what is worthy; to do the work of justice and love.

Be strong.

Be connected.

Each day, act — so you may be a little more whole.

